

J620p

P R O G R A M M A B L E

T R E A D M I L L

TUNTURI®



i n s i d e



SAFETY FIRST
EXERCISE PROGRAMS
ASSEMBLY
MAINTENANCE
J620p ELECTRONICS
WARRANTY

OWNER'S MANUAL

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The Tunturi J620p Programmable Treadmill is intended for use by one person at a time and a maximum user weight of 250 lbs (110 kg). It is extremely important that you read this manual thoroughly before assembling or operating the Treadmill.

The information presented in this manual is given in good faith and is, to the best of our knowledge, accurate. However, anyone who uses this information in any way does so entirely at their own risk.

WARNING

Neither Tunturi, Inc. nor its representatives can accept responsibility for any damage or injury incurred as a result of information presented here except under the terms of warranty of Tunturi products.

TYPE AND COLOR CONVENTIONS

All warnings, cautionary statements, and notes will be presented in bold type for clear distinction. Additionally, warning and caution sections will be accompanied by the words "Warning" or "Caution" inside of a green bar.

Sections will be divided into colors as follows:

Green Introductory, Safety, How to Use.

Purple Exercise.

Black Technical, Assembly, Drawings.

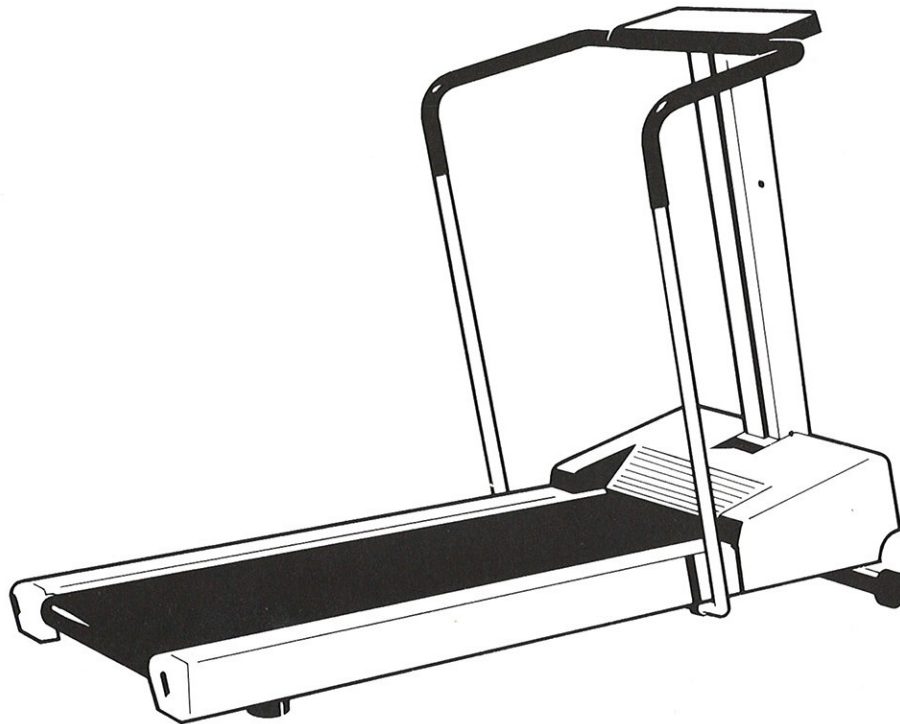
C O N G R A T U L A T I O N S
ON YOUR NEW TUNTURI J620p
PROGRAMMABLE TREADMILL

With your J620p Programmable Treadmill, you'll enjoy two of the most effective lower body, aerobic exercises possible: walking and running. And because the entire workout takes place in your home, you'll be exercising at your own convenience. No crowded classes to schedule. No health club lines to stand in. Not even bad weather will come between you and your workout now.

The J620p Programmable Electronics allow you to control the Speed and Elevation of the Treadmill itself, giving you the opportunity to adjust the effort level of your workout. To prevent any sudden movement, Speed and Elevation changes are made smoothly and gradually. The programmable feature allows you to enter and store two workouts, each with up to 12 different combinations of Speed, Time and Elevation.

The J620p is electronically controlled so you can monitor the intensity, duration and effectiveness of your workout as you walk or run.

We use only the highest quality materials and incorporate the latest technologies in its construction. However, to ensure that you receive the maximum benefits this Treadmill has to offer, you must first be familiar with all of its functions and capabilities; as outlined in this owner's manual.



IMPORTANT SAFETY INSTRUCTIONS

SAVE THESE INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

READ ALL INSTRUCTIONS BEFORE USING THIS APPLIANCE.

DANGER

TO REDUCE THE RISK OF ELECTRIC SHOCK:

- Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING

TO REDUCE THE RISK OF BURNS, FIRE, ELECTRIC SHOCK, OR INJURY TO PERSONS:

- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.

- Do not carry this appliance by supply cord or use cord as a handle.

- Keep the cord away from heated surfaces.

- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair and the like.

- Never drop or insert any object into any opening.

- Do not use outdoors.

- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

- To disconnect, turn all controls to the off position, then remove plug from outlet.

- Keep children away from extended foot support (or other similar parts).

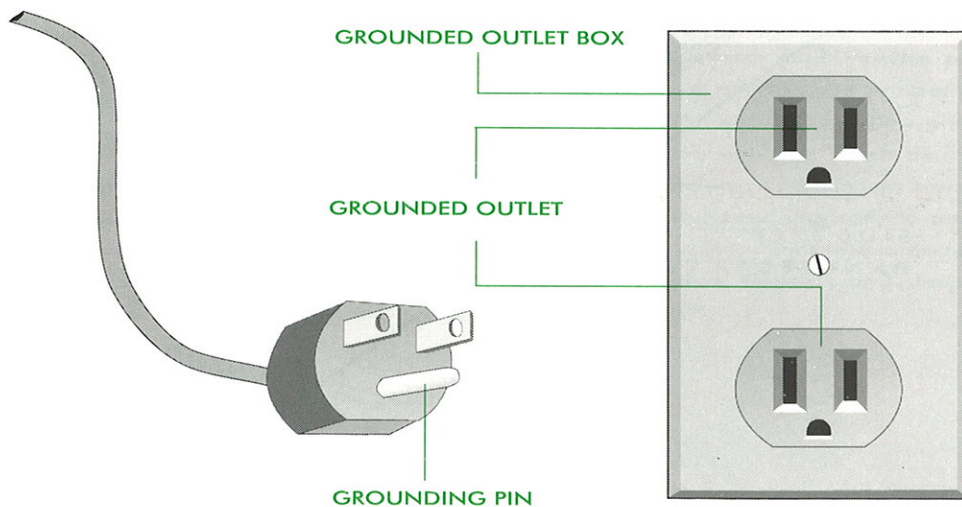
- Connect this appliance to a properly grounded outlet only. See Grounding Instructions.

- This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment grounding connector and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

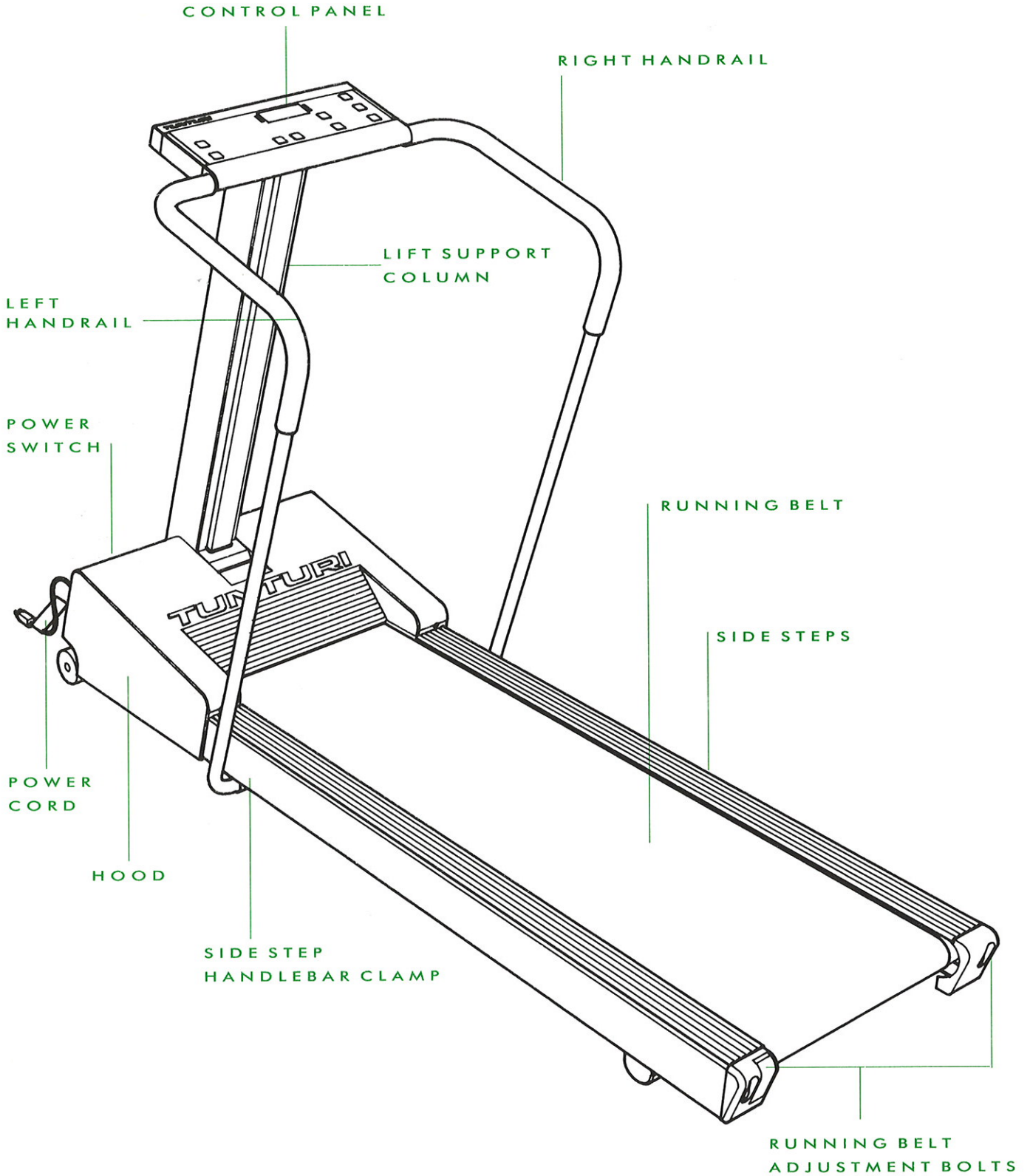
DANGER

- Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet, have a proper outlet installed by a qualified electrician.
- This product is for use on a nominal 120-volt circuit and has a grounding plug that looks like the plug illustrated in Figure 1. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

FIGURE 1
GROUNDING METHODS



THE J620P PROGRAMMABLE TREADMILL



As with any exercise equipment, it is extremely important that you follow all safety precautions when using or storing your J620p Treadmill. Please be sure the following safety precautions are reviewed and followed by anyone who will be using your Treadmill.

CAUTION

- **This unit must be plugged into a dedicated 115v AC/20 amp electrical outlet with a constant 115 volts measured at the Treadmill. Outlets that service multiple appliances, or have fluctuating voltage of more than 5%, will result in erratic performance or cause damage to Treadmill electronics. Using electrical power other than that which has been specified by Tunturi, Inc. will ultimately void any warranty, implied or otherwise.**
- **Your electrical system must be in safe repair and qualified to meet standard building codes. Tunturi recommends that you have a qualified electrician check your electrical circuitry before turning on power.**
- **Never use extension cords between the Treadmill and your wall outlet. Never remove, or otherwise bypass with an adapter, the electrical ground contained in the Treadmill's three-lug plug.**
- Be sure the Treadmill is unplugged and turned off when not in use, before beginning any assembly or maintenance procedures, or when servicing any electrical components.
- Remove any jewelry or loose clothing, such as neckties, that may become lodged in the Treadmill when operating or adjusting the running belt.
- Do not attempt any maintenance or adjustments other than those described in this manual. Should you have any problems with your Treadmill, discontinue use and consult an Authorized Tunturi Service Representative.
- To avoid injury, never operate or service the Treadmill when children or pets are present. Children should not be allowed to use the Treadmill at any time.
- Keep the Treadmill on a solid level surface with sides and front at least two feet from any walls. Be sure the area behind the Treadmill remains completely clear at all times during use.
- All access covers must be in place before operating your Treadmill.
- To prevent electrical shock, do not place any liquids on any surface of the Treadmill.
- Always stand with both feet on the side steps before starting the Treadmill. Allow the running belt to slow and come to a complete stop before stepping off.
- Never allow more than one person at a time to use, or stand on, the Treadmill.
- Always use the handrail when stepping on or off the Treadmill and when changing incline or speed.
- Keep hands clear of any moving parts. Never place hands, feet or any objects under the Treadmill.
- Wear comfortable, non-restrictive clothing when using the Treadmill. To avoid injury and the lodging of objects in the treadmill running belt, never wear anything loose, such as baggy sweat-pants, neckties or loose socks. Never drape towels on or around the Treadmill.
- Wear shoes with high-traction soles and adequate support, such as running or aerobic shoes. To avoid injury and unnecessary wear on your Treadmill, be sure your shoes are free of any debris, such as rocks or dirt particles.
- Always stretch your muscles prior to and following any exercise program. Warm up slowly by walking at a slow pace. Increase gradually until you reach desired workout pace. Before completing an exercise session, slow your pace gradually to an easy walk, allowing your heart rate to decrease to normal before stopping and stepping off the Treadmill.

It's a fact: no matter your age or fitness level, a regular exercise program combined with a healthy diet is the surest way to achieve and maintain your ideal weight, combat illness, and reduce stress.

As the new owner of the Tunturi J620p Programmable Treadmill, you're already off to a good start. So here are some basic principles and simple guidelines to help keep you going.

CAUTION

What follows are general recommendations and should only be used as such. Please modify these recommendations to accommodate your personal fitness level.

It is extremely important to discuss your exercise plans with your physician prior to working out so that you develop a program appropriate for your level of fitness. If at any time you should feel faint, dizzy, nauseous, experience heart palpitations or any other abnormal symptoms or discomfort, discontinue use and consult your physician.

WHY

AEROBIC EXERCISE?

The term "aerobic" means "in the presence of oxygen". Aerobic exercise refers to a physical activity which requires large amounts of oxygen for prolonged periods.

Muscles need oxygen to function and their needs increase as we work them. The more we work to oxygenate the blood for our muscles and heart, the leaner they become.

Plus, the energy used to work our muscles comes from body fat. Aerobic exercise is the best way to burn fat as well as strengthen and tone muscles.

When working aerobically, strenuous demands are placed on the lungs to oxygenate blood for the muscles and the heart, which must quickly pump the blood to the muscles. Aerobic exercise not only works your muscles, but strengthens your entire cardiovascular system.

Examples of aerobic exercises are running, cycling, rowing, swimming and stair climbing.

Sprinting, tennis, handball, downhill skiing, weight lifting and other activities requiring short bursts of energy, are anaerobic exercises. The energy for this type of exercise is derived from carbohydrates stored in the body and does not require large amounts of oxygen. Muscles become stronger through anaerobic exercise, but less body fat is burned.

A REGULAR

AEROBIC EXERCISE PROGRAM WILL:

- REDUCE YOUR BODY FAT
- STRENGTHEN AND TONE YOUR MUSCLES
- MINIMIZE THE EFFECTS OF STRESS AND AGING
- STRENGTHEN YOUR HEART
- INCREASE YOUR LUNG CAPACITY
- LOWER YOUR CHOLESTEROL LEVEL AND REDUCE YOUR RISK OF HEART DISEASE
- IMPROVE YOUR BLOOD CIRCULATION
- STRENGTHEN YOUR BONES
- AID YOUR DIGESTION

DETERMINING

HOW HARD YOU SHOULD EXERCISE

If you work too hard, you'll be working anaerobically - burning carbohydrates not body fat - and you'll exhaust yourself quickly, increasing your risk of injury.

If you don't work hard enough, it will take longer to get the desired effect, which can be discouraging and cause you to give up exercising entirely.

Obviously there is a middle ground. It's called your Aerobic Training Zone and is based on your heart rate.

The Institute for Aerobics Research recommends that this Training Zone fall between 60% and 85% of your maximum heart rate (the fastest your heart can physically beat).

The Heart Rate Chart below allows a quick reference but can only approximate your Training Zone based on your age. Since fitness levels can vary dramatically within an age group, we highly recommend that you consult with your physician to determine your exact Training Zone.

HOW TO

MONITOR YOUR HEART RATE DURING EXERCISE

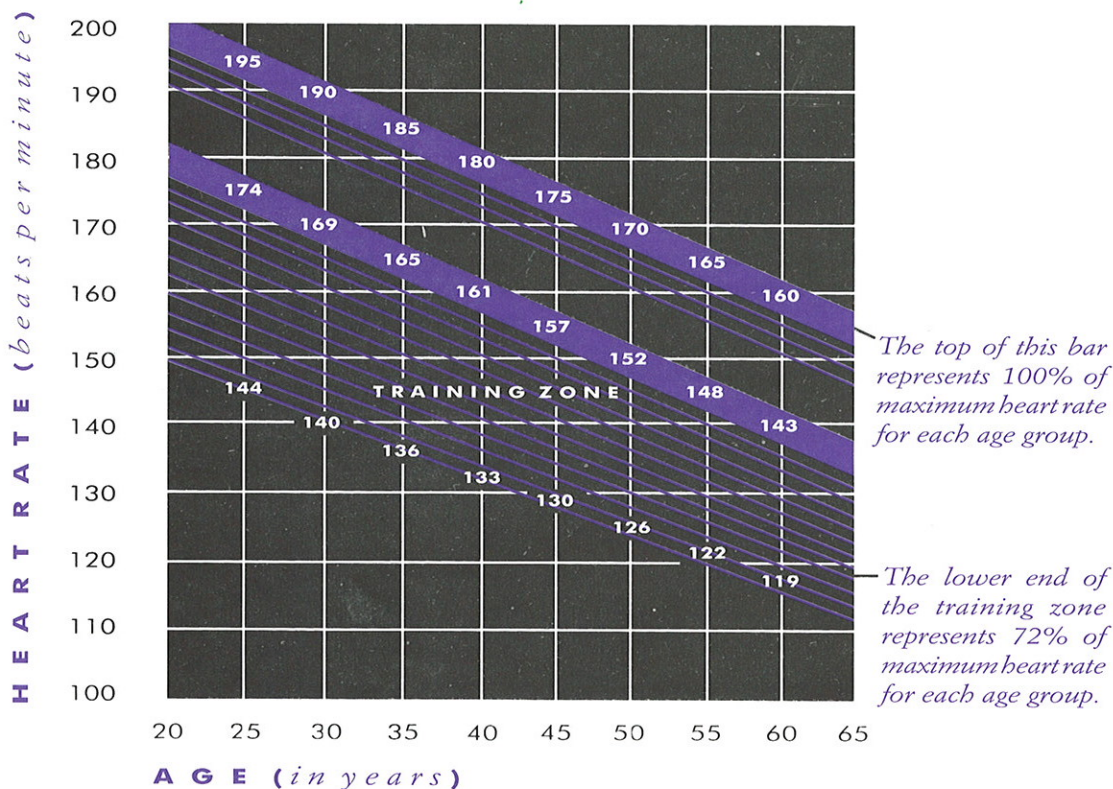
Now that you know your Training Zone, you'll have to monitor yourself to be sure you stay within it. Here's a simple rule: If you can't hold a conversation without gasping for breath, you're probably above your Training Zone.

To ensure you're getting the maximum aerobic benefits, we recommend that you check your heart rate periodically throughout the workout. You can use an electronic pulse monitor which will count and display your heart rate for you. Or you can use the 6-second manual count method. (see page 9)

When checking your heart rate, it's important that you don't interrupt your workout for more than 20 seconds, or you will risk dropping below your Training Zone.

If you're below your Training Zone, quicken your pace.

If you're above your Training Zone, slow your pace.



THE 6-SECOND

MANUAL COUNT METHOD

- SLOW DOWN OR STOP BRIEFLY.
- LIGHTLY PLACE YOUR INDEX AND SECOND FINGER AT THE SIDE OF YOUR NECK, OR TO THE THUMB-SIDE OF YOUR WRIST.
- USING THE SECOND HAND ON A CLOCK OR WATCH, COUNT YOUR PULSE BEATS FOR 6 SECONDS, BEGINNING WITH ZERO.
- MULTIPLY THE NUMBER OF PULSE BEATS BY 10.

HOW

LONG?

To qualify as a true aerobic exercise with all the benefits we've mentioned, you must maintain your heart rate within your Training Zone for at least 12 uninterrupted minutes.

If you exercise longer than 60 minutes, the benefits are reduced and the risk of injury is increased.

If you're just starting out on a new exercise program, we recommend that you stay at the 12-minute minimum for at least a week. When you feel you're ready to go longer, increase your time no more than 10% each week. Don't push yourself too hard. You should never feel exhausted during or following exercise.

HOW

OFTEN?

To MAINTAIN your fitness level, you should exercise aerobically a minimum of 3 times a week.

To IMPROVE your fitness level, you should exercise aerobically 4-5 times a week. If you do the same aerobic exercise more than 5 times a week, you may suffer overuse injuries. When you're injured, you can't exercise at all, so the risk is hardly worth it.

CROSS

TRAINING

Alternating 2-3 types of aerobic exercise throughout the week helps you exercise more often because you'll avoid over-using

the same muscles. And with variety, you're less likely to get bored. This is called Cross-Training.

KARVONEN'S

FORMULA

First, find your resting heart rate by taking a pulse count in the morning before you get out of bed. To do this:

- Place your index and second fingers at the side of your neck, just beside your windpipe. Touch lightly. By pressing too hard you can actually slow your pulse rate.
- Using the second hand on a watch or clock, count each pulse beat for 15 seconds, beginning with zero.
- Multiply the number of pulse beats by 4 to find your resting heart rate.

Then, using the calculations below, determine what are 60% and 85% of your maximum heart rate. The range between these two numbers is your Training Zone. Stay within this range whenever you exercise aerobically.

LOW END

$$\begin{aligned}
 & 220 \text{ MAXIMUM HEART RATE} \\
 & - \text{ ______ YOUR AGE} \\
 & - \text{ ______ YOUR RESTING HEART RATE} \\
 & = \text{ ______ HEART RATE RANGE} \\
 & \quad \quad \quad \times .60 \\
 & + \text{ ______ YOUR RESTING HEART RATE} \\
 & = \text{ ______ LOW END OF YOUR ZONE}
 \end{aligned}$$

HIGH END

$$\begin{aligned}
 & 220 \text{ MAXIMUM HEART RATE} \\
 & - \text{ ______ YOUR AGE} \\
 & - \text{ ______ YOUR RESTING HEART RATE} \\
 & + \text{ ______ HEART RATE RANGE} \\
 & \quad \quad \quad \times .85 \\
 & + \text{ ______ YOUR RESTING HEART RATE} \\
 & = \text{ ______ HIGH END OF YOUR ZONE}
 \end{aligned}$$

**THE FIVE PHASES
OF EVERY EXERCISE
PROGRAM**

PHASE 1 : *light stretching*
3-5 minutes . Stretching before the warm-up phase should be done lightly to avoid pulling cold muscles and straining stiff joints. Follow the Light Stretches we've illustrated in the following section, easing in to each stretch gradually. Just at the point you feel a slight resistance, no pain, hold the stretch steady (don't bounce) for 10-20 seconds. Then gently relax and move on to the next stretch.

PHASE 2 : *the warm-up*
5 minutes . To warm the muscles gradually and ease your heart rate up to your Training Zone, begin by moving slowly, taking short, easy steps. If you work your muscles too hard too soon, you'll tire quickly and risk injury.

PHASE 3 : *the workout*
12-60 minutes . Once you're within your Training Zone, you'll want to maintain this level of intensity for the duration of the workout phase. However, you can fluctuate anywhere within your Training Zone. In fact, studies show that you'll get a better, more effective workout when you work at push-hard / ease-off intervals in the upper and lower ends of your Training Zone. If you use this method, be sure to check your heart rate frequently.

PHASE 4 : *the cool-down*
5-7 minutes or more . When you're ready to stop your exercise, slow your pace and continue at that pace for at least 5 minutes. During this phase, blood is being pumped from your lower body back into your central circulatory system. If you stop suddenly, you may become dizzy or light-headed, and could faint.

After you've slowed down or walked 5 minutes, take a 6-second heart rate. If it's above 100, continue cooling down and re-check your heart rate until it's below 100.

PHASE 5 : *flexibility stretches*
10-15 minutes . Stretching muscles after exercise not only prevents muscle soreness but will increase your flexibility. These stretches are held longer, with slightly more resistance than warm-up stretches because

your muscles are warm and more receptive to stretching.

Always guard yourself against over-stretching. If you start to feel any pain, ease off the stretch slowly.

As you become more flexible, you'll find that you can stretch the muscle further and for longer periods of time.

Follow the Flexibility Stretches we've illustrated in the following section.

HOW TO TEST

**YOUR CARDIOVASCULAR
FITNESS LEVEL**

There are many physical signs you can use to judge the strength and tone of your muscles. But how do you measure the fitness level of your heart and cardiovascular system?

During the first minute of your cool-down phase, you'll experience a drop in your heart rate. The more dramatic the drop, the higher your fitness level.

In other words, how quickly your heart recovers immediately following aerobic exercise is one indication of its strength.

FINDING

**YOUR HEART
RECOVERY RATE**

- Take a 6-second pulse count the moment you end the aerobic phase of your workout.
- Begin slowing down or walking for the cool-down phase.
- After 60 seconds of cooling down, take another pulse count.
- Subtract the second number from the first to determine your recovery rate:

LESS THAN 2	POOR
2-3	FAIR
3-4	GOOD
4-5	EXCELLENT

Unless otherwise noted, your back should always remain flat during stretching exercises. Your head should be held with your neck extended, not bent or crunched forward.

As you stretch, contract your abdominal muscles to avoid any unnecessary strain on your back.

Whether your knees are in a bent or straightened position, they should always be relaxed, never locked.

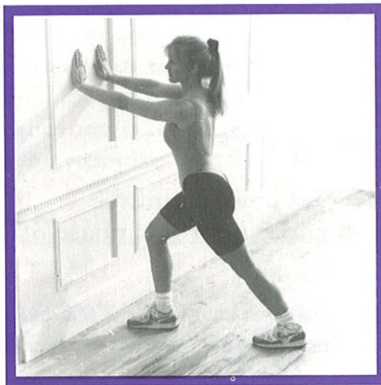
Breathe deeply and naturally.

If at any time you feel pain or unusual discomfort, relax out of the stretch, and consult your physician before continuing.

LIGHT STRETCHES

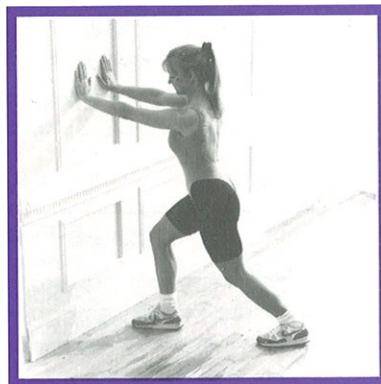
3-5 minutes before Warm-up Phase.

Ease into each stretch gradually. Just at the point you feel a slight resistance, no pain, hold the stretch steady (don't bounce) for 10-20 seconds. Then relax and move on to the next stretch. Use a wall for support.



1 CALF

- FACE BOTH FEET FORWARD, ABOUT 12" APART.
- BEND RIGHT LEG WITH KNEE OVER TOES.
- KEEP LEFT LEG STRAIGHT.
- GENTLY PRESS LEFT HEEL TO FLOOR.
- REPEAT WITH RIGHT LEG.



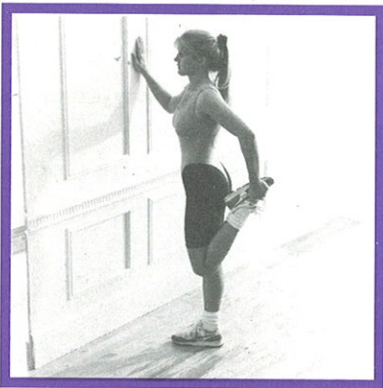
2 ACHILLES TENDON

- FACE BOTH FEET FORWARD, ABOUT 12" APART.
- BEND RIGHT LEG WITH KNEE OVER TOES.
- BEND LEFT LEG.
- GENTLY PRESS LEFT HEEL TO FLOOR.
- REPEAT WITH RIGHT LEG.



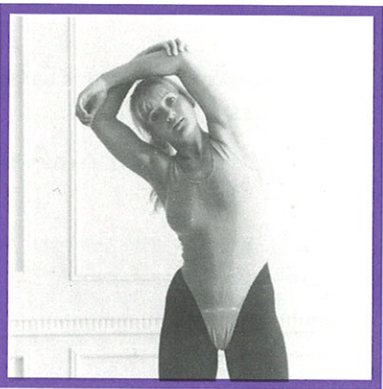
3 HAMSTRING

- FACE BOTH FEET FORWARD, ABOUT 12" APART.
- KEEP BOTH LEGS STRAIGHT.
- BENDING AT THE HIP, PRESS YOUR BODY WEIGHT FORWARD.
- REPEAT WITH LEFT LEG.



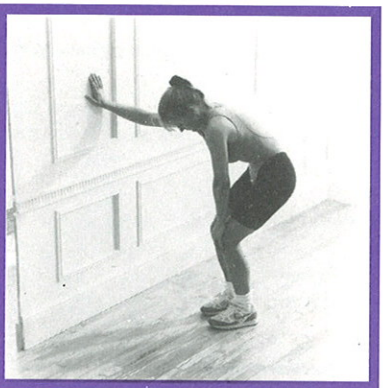
4 QUADRICEPS/HIP FLEXOR

- STAND STRAIGHT, RIGHT HAND AGAINST WALL.
- GRASP LEFT FOOT WITH LEFT HAND AND GENTLY PULL TOWARD BUTTOCKS.
- KEEP FOOT OVER KNEE, NEVER TO THE SIDE.
- AVOID BENDING LEG COMPLETELY IF ANY KNEE PAIN OCCURS.
- REPEAT WITH RIGHT LEG.



5 SHOULDERS/UPPER BACK

- STAND STRAIGHT, FEET ABOUT 8" APART, TOES FORWARD.
- BEND LEFT ARM BEHIND HEAD.
- GRASP LEFT ELBOW AND PULL GENTLY AS YOU LEAN RIGHT, AVOID TWISTING AT THE WAIST.
- REPEAT WITH RIGHT ARM.



6 LOWER BACK

- BEND KNEES OVER TOES, FEET ABOUT 6" APART.
- GENTLY ROUND ENTIRE SPINE, TUCKING TAIL BONE UNDER.
- CONTRACT ABDOMINAL MUSCLES TO PULL BACK AGAINST LOWER SPINE.

FLEXIBILITY STRETCHES

10-15 minutes following Cool-down Phase

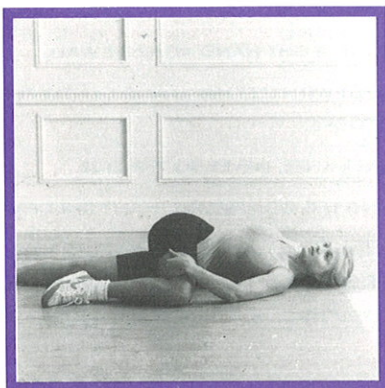
Breathing slowly and naturally. Ease into each flexibility stretch just to the point you feel a slight resistance.

Hold each stretch steady, without bouncing, and count to 5.

As you feel the muscle relax into the stretch, continue to breathe slowly, stretch a little further and hold another count of 5.

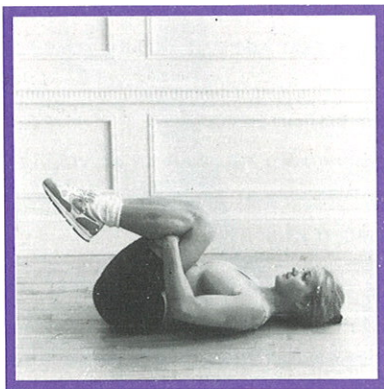
Continue easing into the stretch by holding for 5-count intervals until you've stretched the muscle a total of 15-60 seconds, depending on your level of flexibility.

Gradually release the stretch, breathing naturally, until you're back to the starting position. Never jerk out of a stretch.



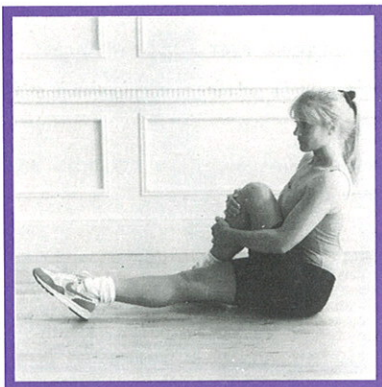
1 LOWER BACK

- BEND RIGHT KNEE. PULL BENT LEG WITH LEFT HAND UP AND OVER YOUR LEFT LEG AS SHOWN.
- KEEP BACKS OF SHOULDERS FLAT ON THE FLOOR.
- WITH HEAD RESTING ON FLOOR, TURN AND LOOK TOWARD LEFT ARM AS YOU EXTEND IT OUT.
- GENTLY PULL RIGHT KNEE TOWARD THE FLOOR.
- REPEAT WITH LEFT SIDE.



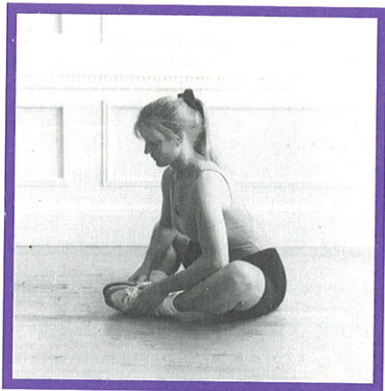
2 LOWER BACK

- KEEP LOWER BACK IN CONTACT WITH FLOOR AS YOU PULL KNEES TOWARD CHEST.
- KEEP CHIN TUCKED IN, TOWARD CHEST, LENGTHENING BACK OF NECK.
- CONTRACT ABDOMINAL MUSCLES TO PULL RIBS DOWN TOWARD PELVIS. (AVOID ARCHING BACK)



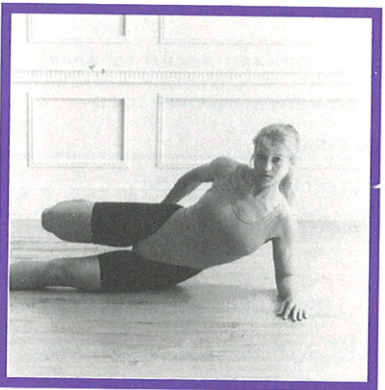
3 HIP ABDUCTOR (OUTER THIGH)

- BRING LEFT KNEE ACROSS BODY AND DOWN TOWARD FLOOR.
- KEEP BOTH HIPS PRESSED TO THE FLOOR, BACK STRAIGHT, CHEST FORWARD.
- AVOID HUNCHING FORWARD OR TWISTING YOUR UPPER BODY.
- REPEAT WITH RIGHT SIDE.



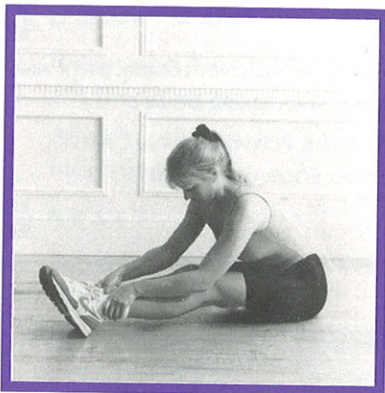
4 HIP ABDUCTOR (INNER THIGH)

- SOLES OF FEET TOGETHER, GRASP HEELS (NOT TOES), ELBOWS PRESSING INSIDE KNEES.
- GENTLY LEAN FORWARD AT THE HIP SOCKET.
- BUTTOCKS REMAIN IN CONTACT WITH FLOOR, AVOID ROLLING UP.



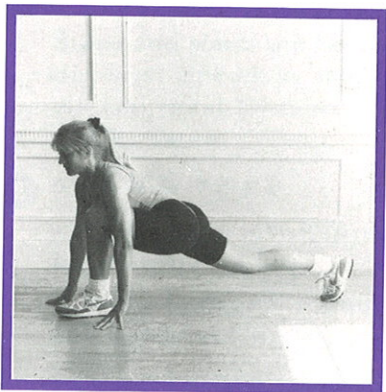
5 QUADRICEPS

- LIE ON YOUR LEFT SIDE, ABDOMINAL MUSCLES PULLED IN.
- BEND RIGHT LEG BEHIND, KEEP KNEE PARALLEL TO FLOOR.
- GRASP RIGHT FOOT WITH RIGHT HAND AND GENTLY PULL TOWARD BUTTOCKS, KEEPING LOWER LEG IN LINE WITH THIGH.
- AVOID BENDING LEG COMPLETELY IF ANY KNEE PAIN OCCURS.
- REPEAT ON RIGHT SIDE WITH LEFT LEG.



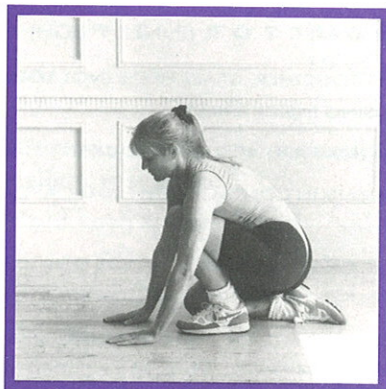
6 HAMSTRING

- SIT FLAT ON FLOOR, LEGS OUT STRAIGHT.
- BEND AT THE HIP, NOT THE WAIST, AND GENTLY REACH FORWARD, BACK FLAT, NECK STRAIGHT.
- BEND KNEES IF NECESSARY.



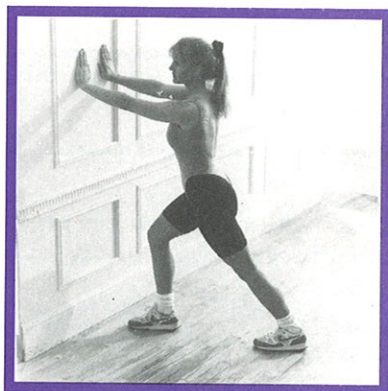
HIP FLEXOR

- KEEP LEFT FOOT FLAT, TOES FORWARD.
- BEND LEFT KNEE MAINTAINING A 90 DEGREE ANGLE, AVOID LUNGING KNEE FORWARD.
- KEEP LEFT LEG STRAIGHT, AVOID HYPEREXTENDING .
- BRING BOTTOM OF LEFT PELVIS UNDER AND FORWARD.
- REPEAT WITH LEFT SIDE.



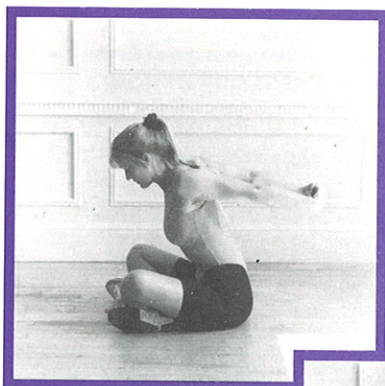
8 ACHILLES TENDON

- PLACE HANDS ON FLOOR FOR BALANCE, ARMS OUTSIDE LEGS.
- KEEP RIGHT LEG TO FLOOR.
- GENTLY PRESS LEFT HEEL TOWARD FLOOR, BODY WEIGHT HELD FORWARD.
- AVOID THIS STRETCH IF ANY KNEE PAIN OCCURS.
- REPEAT WITH RIGHT SIDE.



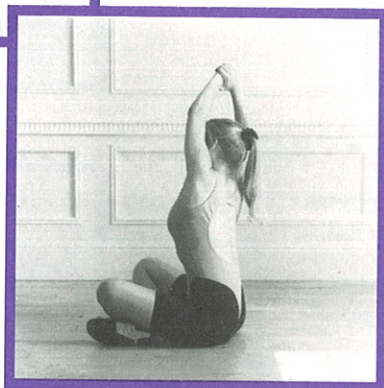
9 CALF

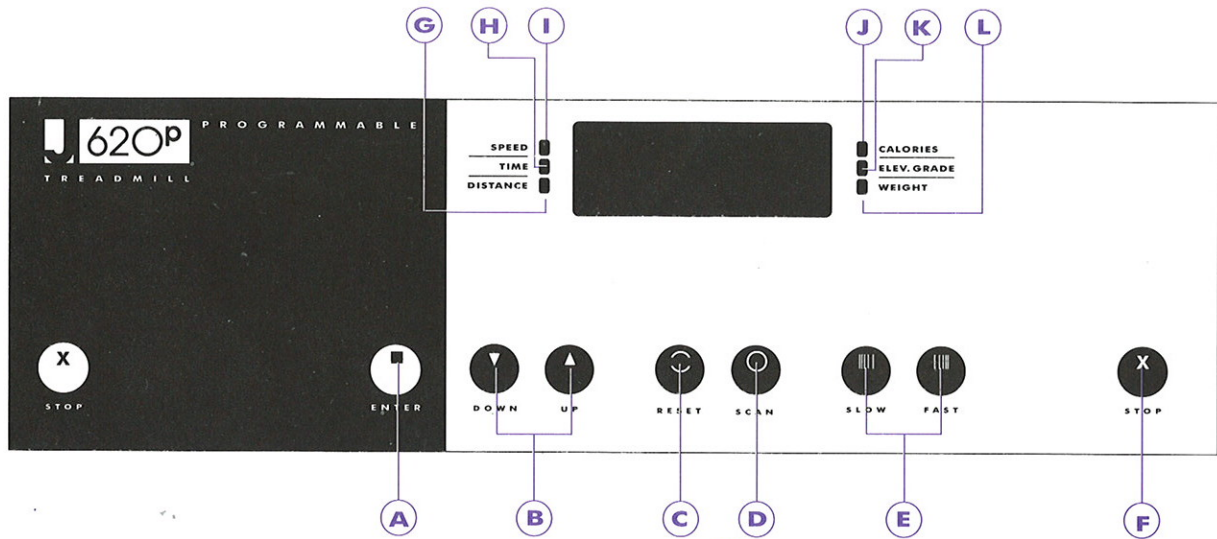
- FACE BOTH FEET FORWARD, ABOUT 12" APART.
- BEND RIGHT LEG WITH KNEE OVER TOES.
- KEEP LEFT LEG STRAIGHT.
- GENTLY PRESS LEFT HEEL TO FLOOR.
- REPEAT WITH RIGHT LEG.



10 SHOULDER/UPPER BACK

- REMAIN SEATED FLAT AGAINST FLOOR, BACK AND NECK STRAIGHT, SHOULDERS DOWN.
- KEEP CHEST FACING FORWARD AT ALL TIMES, AVOID TWISTING YOUR UPPER BODY.





KEY FUNCTIONS

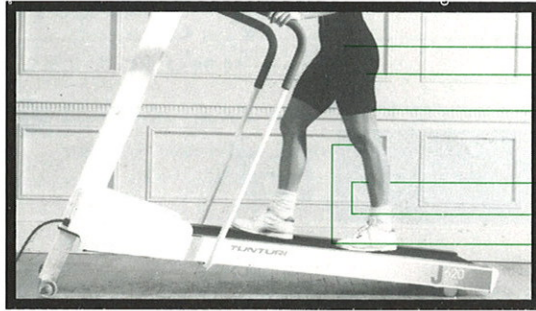
- A ENTER**
Activates the Treadmill.
Runs auto reset to 0% Elevation when Treadmill is turned on.
Use to enter a value (i.e. weight).
- B DOWN & UP**
Raises and lowers Treadmill incline (in 1% increments).
Allows adjustments of weight (in 1 lb increments).
- C RESET**
Resets all parameters except Elevation when stopped.
Resets Time, Distance and Calories when operating.
Allows changes to user programs.
- D SCAN**
Stops and starts the Scan mode which displays: Speed in mph, total Time elapsed, total Distance, total Calories and Elevation
- E SLOW & FAST**
Controls running belt speed (in 0.1 mph increments).
Selects between manual and programmed modes.
Changes functions during program set-up.

NOTE: To avoid injury, do not exceed 1mph before stepping onto the running belt.

- F STOP**
Stops Treadmill motor and running belt.
Starts 2 minute pause.

DISPLAY FUNCTIONS

- G DISTANCE**
Displays Distance travelled.
- H TIME**
Displays Time spent (up to 99:59 minutes in 1 second increments).
- I SPEED**
Displays running belt Speed (from 1 to 10 mph in .1 mph increments).
- J CALORIES**
Calculates entered Weight, Time, Speed and Elevation to approximate number of calories burned (up to 999.9).
- K ELEV. GRADE**
Displays current Elevation grade (up to 12% in 1% increments).
- L WEIGHT**
Displays Weight entered (up to 250 lbs max. weight).



HIP FLEXOR
 GLUTEUS
 HAMSTRING
 CALF
 TIBIALIS
 QUADRICEP



MUSCLE GROUPS

With the J620p Treadmill, you can enjoy the fitness benefits of running and walking without the inconveniences of cold weather, rain or traffic. Both activities provide excellent aerobic conditioning while firming thighs, hips, legs, buttocks, and abdominal muscles.

As with any exercise, you'll only receive the maximum benefits (with minimal risk of injury) when you use proper technique.

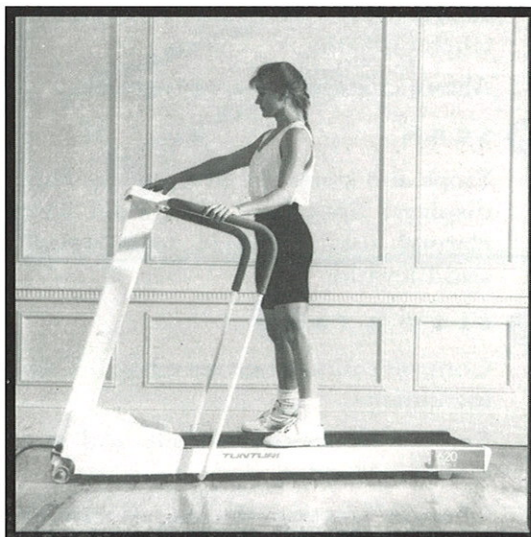
GETTING

STARTED

- 1 Read this entire manual thoroughly before beginning your first exercise session on the J620p Treadmill. Before each use, you must check that the running belt is aligned and centered on the Treadmill bed and that all visible fasteners on the Treadmill are fully tightened.
- 2 Be sure area is clear of children and pets. To avoid injury, clear the Treadmill and surrounding area of any items and furniture.
- 3 Plug the unit in according to the procedures outlined in this manual (See page 6).
- 4 Turn power on.

Stand with both feet on the side steps.

CORRECT STANDING POSITION FOR PROGRAMMING TREADMILL



CAUTION To avoid serious injury, the area around the Treadmill must remain clear of all objects at all times during use.

5 TURN POWER ON

The panel will display "J620p" until you press ENTER.

6 PRESS ENTER/START

The Elevation of the Treadmill will automatically adjust to "0".

7 SELECT PROGRAM MODE

The panel will display "P0" while waiting for your chosen program.

The "P0" refers to the first of 3 optional programming modes.

Press FAST or SLOW to select your chosen programming mode:

■ **P0 : Manual Mode**

You may set the Speed, Elevation and Time at your discretion at any time during the workout.

If you wish to select "P0" (Manual Mode), press ENTER and move to step (8).

"P1" and "P2" are for you to customize. They come "demo-programmed" from the Factory with the following "example" workouts.

■ **P1 : Programmable Mode (Demo).**

This mode has been factory programmed for a quick demonstration of the J620p programmability features.

If you wish to select "P1" (Demo), and choose to use the existing program, press ENTER and then proceed to step (8)

■ **P2 : Programmable Mode (Walking)**

This mode has been factory programmed as a walking program example. The speeds are no greater than 4.0 MPH with the total program lasting 22 minutes.

If you wish to view or re-program "P1" or "P2", hold RESET down for 5 seconds. The display will show the first programmed Time Option for Segment No. 1. To run through the remaining programmed segments, you must press ENTER after each option.

PROGRAMMING OPTIONS

Programmable workouts are divided into Segments. For each Segment, you can set the Speed, Duration, and Elevation. The Segment number which you are currently programming will appear at the left of the display to prompt you for:

(A) SPEED : 1 - 10 MPH

Use FAST or SLOW to select Speed
PRESS ENTER

(B) ELEVATION : 0 - 12%

Use FAST or SLOW to select Elevation
PRESS ENTER

(C) TIME : 30 SEC - 20 MIN

Use FAST or SLOW to select Time
PRESS ENTER

You will be prompted to program the above Options for up to 12 workout Segments for either "P1" or "P2". If you wish to program fewer than 12 Segments, program the number of Segments you prefer and press STOP when the display prompts you for the Speed Option of the upcoming Segment.

■ **PRESS STOP**

8 ENTER WEIGHT

Use FAST or SLOW to modify Weight. Entering your weight allows for a more accurate Calorie calculation.

PRESS ENTER

■ **If you selected "P0" at Step 7, press ENTER and select Speed and Elevation.**

The Treadmill is now operational.

.....

■ **If you selected "P1" or "P2" at Step 7, press ENTER and the previously programmed run will now begin.**

9 "0.0" will be displayed. This is the prompt to increase speed from 0 mph. To do this: Press FAST once. This will bring the belt Speed up to 1 mph in approximately two seconds.

10 If necessary, use SLOW to lower Speed before you begin.

CAUTION The display lights will begin to flash 10 seconds prior to the end of each of the Segments when using "P1" or "P2", indicating that Elevation and/or Speed will be changing.

- During a programmed run, pressing STOP, followed by RESET, will bring you back to step 7.

CAUTION Never step onto the running belt at speeds greater than 1 mph. Do not attempt to start the Treadmill while you are standing on the belt. This is dangerous and will also accelerate wear on your Treadmill.

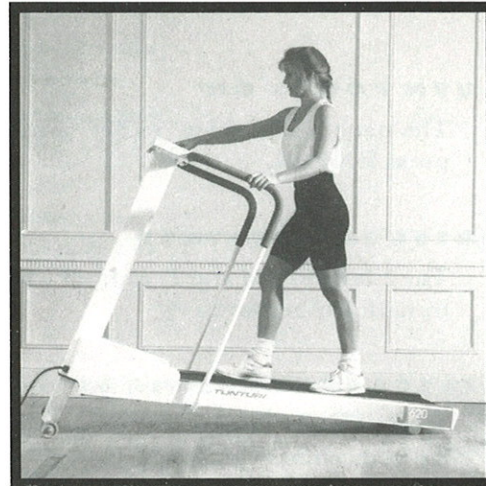
- 11 Using the handrails, step onto the running belt and begin walking. Familiarize yourself with the feel of the running belt under your feet before you increase speed.

During a programmed workout, ("P1" or "P2") you may adjust Speed and/or Elevation up or down during any Segment. The Treadmill will stay at the new setting until the next change of Segments. The next Segment will not be affected.

MANUAL MODE

- 12 **(A)** In Manual Mode, steady yourself by holding the handrails and slowly increase speed by pressing FAST until desired pace is set. You may slow or speed up the running belt in 0.1 mph increments at any time during your workout by pressing FAST and SLOW.
- (B)** If desired, you may elevate the running belt in 1% increments by pressing UP. Use DOWN to lower the Elevation. Elevation cannot be set below ground level (0%).

CAUTION Always use handrails when the Treadmill changes Speed or Elevation.



CHANGING ELEVATION

- (C)** Before you complete your exercise session:
 - Grasp the handrails, press DOWN, and lower the Treadmill to 0% or level Elevation.
 - Continue to hold the handrails as you press SLOW and gradually slow your pace to an easy walk.

CAUTION Always use handrails when changing speed or stopping.

- (D)** Press STOP and keep walking until the Treadmill comes to a complete stop.

NOTE : Whenever you change any of the J620p functions in Manual Mode, such as Elevation or Speed, the display will automatically show that function for three seconds after the change is made, then return to scanning, or back to the last function you were monitoring.

When you press STOP during your workout, the J620p will start a (2) minute wait period. During this time, you may resume your workout at the same Speed, Time, Distance and Calories by pressing ENTER. Pressing STOP again will reset the J620p to zero elevation and clear the display.

- E Press SCAN to cycle through and display your Speed, Time spent, Distance traveled, Calories burned and current Elevation at three-second intervals. You can stop the display from changing to another function by pressing SCAN. The display will now continue to monitor that function only. The SCAN function only works on Time, Speed, Distance and Calorie functions.

To continue the exercise session, press ENTER and resume Speed at "0.0" in Manual Mode or at the programmed Speed you stopped at.

CAUTION If you pause a programmed workout at high speed, use caution, because the Treadmill will resume by accelerating to that speed.

Your session will resume with total elapsed Time, Distance, and Calories.

When you've completed your exercise session, use the handrails as you first step onto the side steps before completely stepping off the Treadmill.

At the end of every exercise session be sure to:

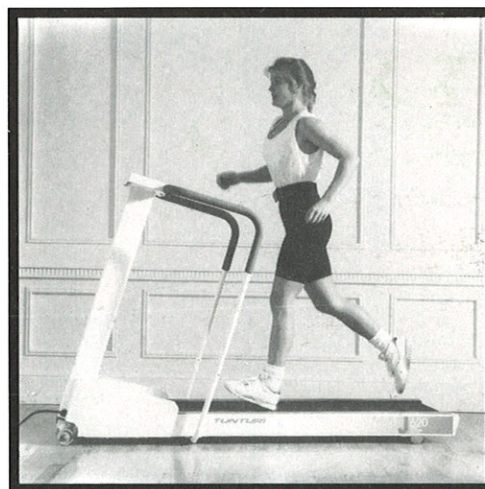
- Use the main power switch to turn unit off.
- Unplug electrical cord.
- Store electrical cord where it is clear from all pathways.

- Wipe all Treadmill surfaces with a dry cloth or towel, especially the handrails, control panel, running belt, and any other surface where perspiration may have fallen.

CORRECT

BODY POSITIONING

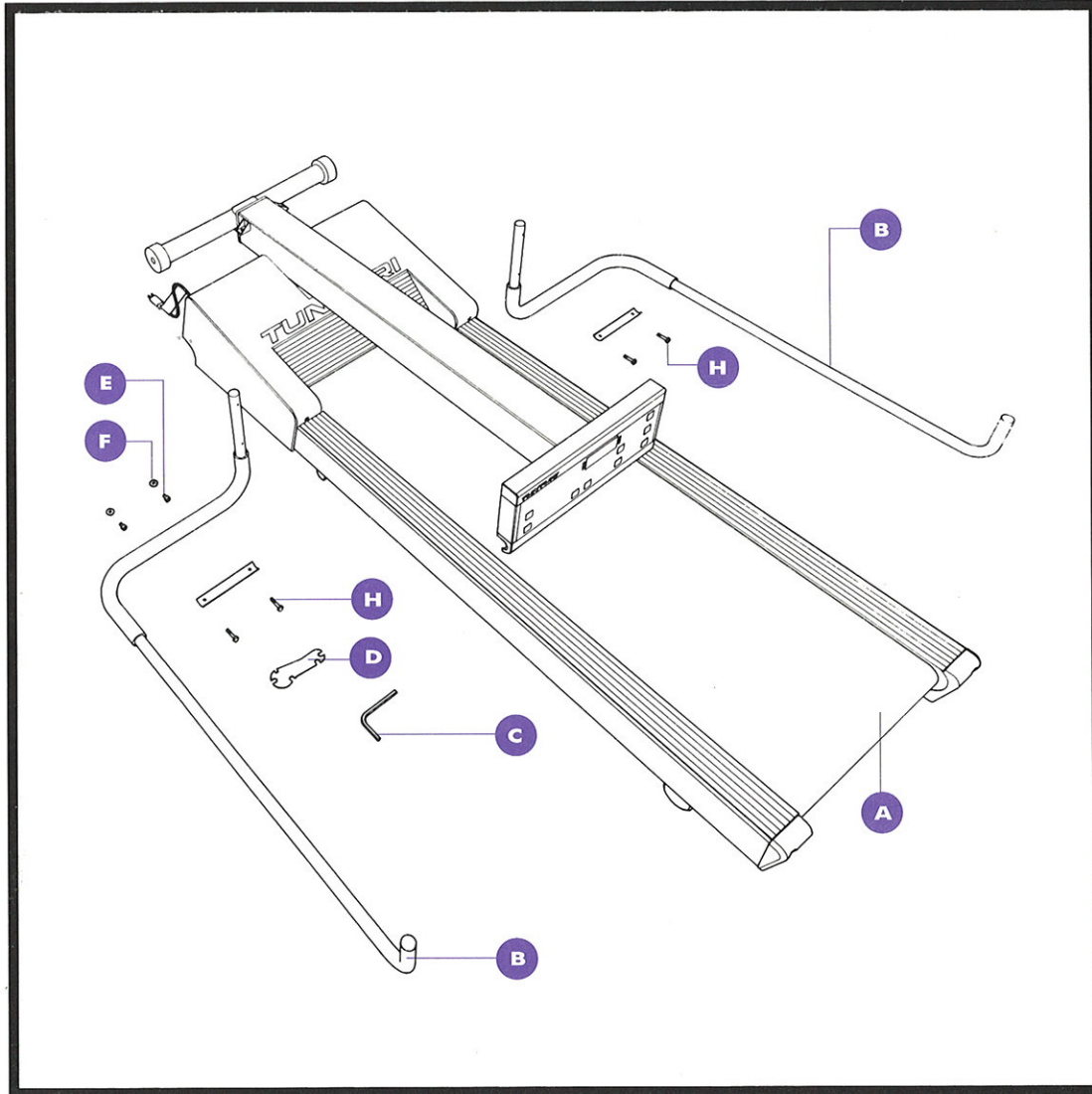
- Position yourself so that you remain centered on the running belt, about an arm's length distance from the control panel.
- Feet should land centered between the side steps, never too far to one side.
- Handrails should always be within reach.
- Maintain an upright position. Keep your head up, looking forward. Looking down for more than a brief moment puts undo stress on your neck, shoulders, and back.



RUNNING AT 0% INCLINE

NOTE: Always allow time to slow your pace, cool down, and allow your heart rate to drop to a normal count before stepping off the running belt.

Your J620p Programmable Treadmill is shipped complete with all parts and tools required for assembly. Before assembling your Treadmill, unpack and identify all contents and read this section completely. To avoid damaging carpets and floor surfaces, we recommend that you place the Treadmill on the base of the cardboard box until fully assembled.



REFER TO THE DIAGRAM AND MAKE SURE YOU HAVE THE FOLLOWING ITEMS

TREADMILL ASSEMBLY PARTS

- A J620P TREADMILL
- B RIGHT AND LEFT HANDLEBARS

FASTENERS AND TOOLS

- C HEX KEY ALLEN WRENCH
- D MULTI-SIZE OPEN-END WRENCH
- E SOCKET HEAD CAP SCREWS
- F FLAT WASHERS
- G HEX HEAD BOLTS

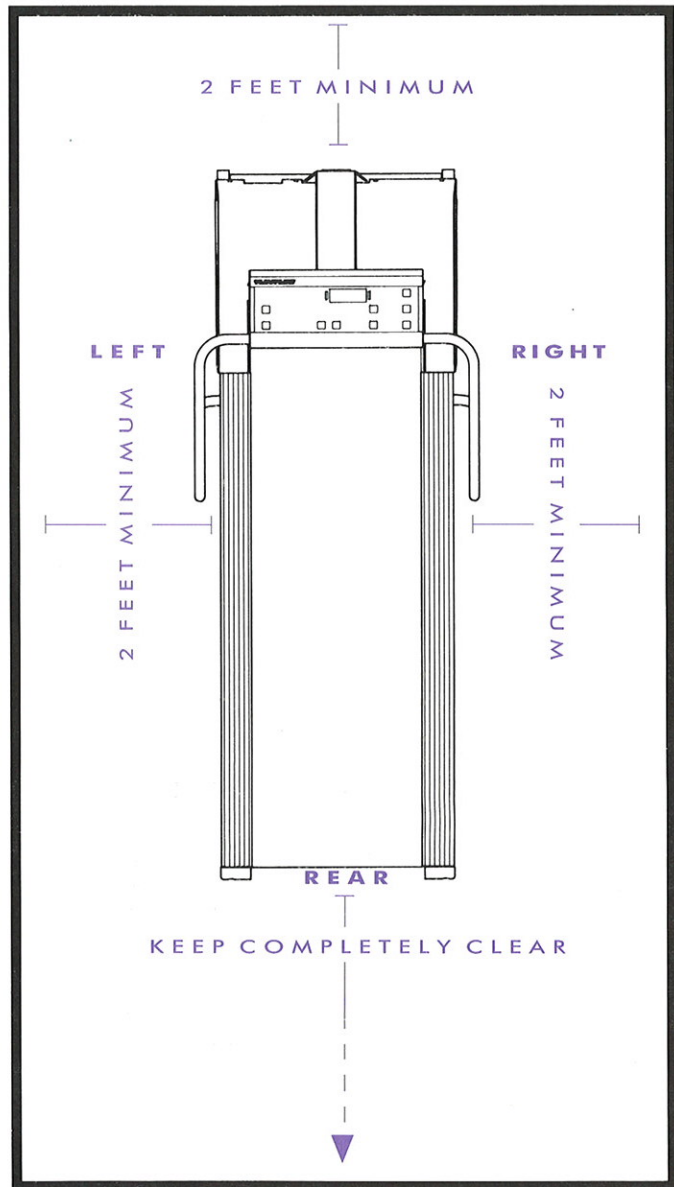
NOTE: If any parts are missing, please call Tunturi Technical Support at 1-206-881-7392 with the serial number, model number and part number of each missing piece. These numbers are located next to the power switch.

TREADMILL ORIENTATION

Because of the size and weight of the J620p, it may require two people to fully assemble. Estimated assembly time: 15 to 20 minutes.

To follow assembly instructions, assume you are standing at the rear of the Treadmill, facing the control panel. See illustration A. Remove any jewelry or loose clothing such as neckties, before assembly.

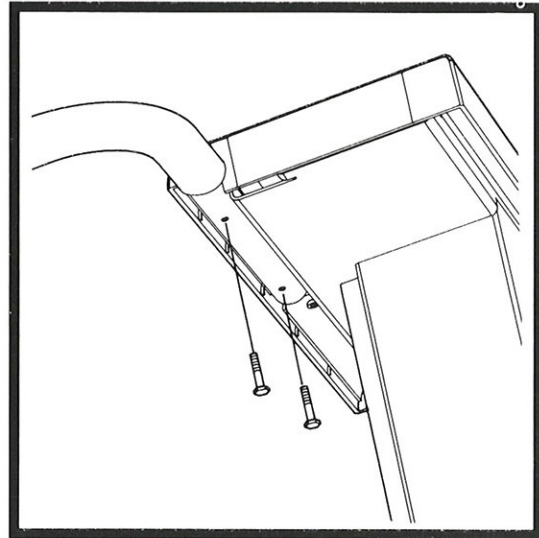
MINIMUM CLEARANCE FOR TREADMILL PLACEMENT



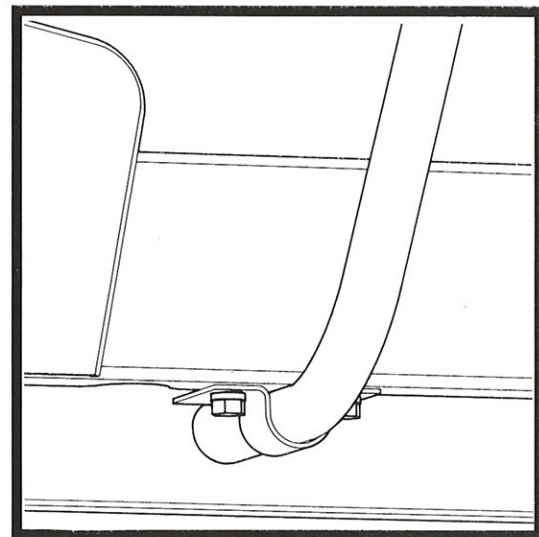
NOTE: Wear appropriate clothing and have a clean rag available when assembling the J620p.

INSTALL**UPPER BOLTS**

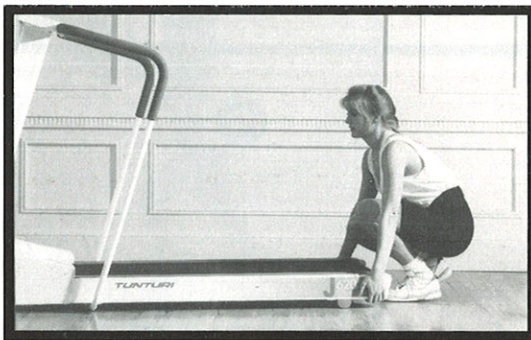
- 6 With the handlebar fully inserted under the Control Panel, insert one of the 6mm bolts into the hole and gently turn clockwise. Tighten until only a 1/16" gap remains and insert second bolt into the second hole in the handlebar. Fully tighten both bolts with the multi-size open-end wrench. *See Illustration D.*
- 7 Repeat Steps 5 and 6 for left handlebar on left side of Treadmill.

**D****TIGHTEN****HANDLEBAR CLAMPS**

- 8 Using the multi-size, open-end wrench, tighten both handlebar clamps located under the side steps. Be sure the handlebar is fully inserted into the clamps before tightening with the wrench. Tighten the bolts for both handlebar clamps in this manner. *See Illustration E.*
- 9 **Go back and make sure all the fasteners are tightened before proceeding.** Your J620p Treadmill is now fully assembled.

**E**

Your J620p is equipped with wheels for easy mobility. Before moving, be sure the power cord is unplugged and safely wrapped around the support column. Allowing the cord to drag on the floor may cause tripping and result in serious injury as well as damage to the Treadmill. Because of the Treadmill's heavy weight, be sure to bend your knees and elbows, keeping your back in a straight, upright position and, using both hands, gently lift the Treadmill. If you feel any strain in your back or legs, lower the Treadmill back to the floor and have someone help you before attempting to move it again.



MOVING THE J620P

CAUTION Do not attempt to pick up the Treadmill by lifting the running belt roller. This may lead to serious injury and may severely damage the Treadmill.

The following criteria must apply when installing the J620p Treadmill in your home:

- The floor surface must be solid, completely level and structurally built to local building codes. Floor surface should be clean and lint-free. Do not place the unit on a carpet with a nap greater than 1/2" in height.
- There must be at least four feet of clearance behind the Treadmill and a two foot clearance on all other sides.

CAUTION Failure to maintain recommended clearance behind the Treadmill may lead to serious injury.

- Keep the Treadmill away from direct sources of heat, such as heaters or direct sunlight.

- The Treadmill must be positioned so that when in use, you have complete visibility on all sides. This is especially important in homes where children and pets are present.
- The Treadmill must be plugged into a three-prong, grounded receptacle with a constant 115 volts AC.

CAUTION This unit must be plugged into a dedicated 115V AC/20 amp electrical outlet with a constant 115 volts measured at the Treadmill. Outlets that service multiple appliances, or have fluctuation voltage of more than 5%, may result in erratic performance or cause damage to Treadmill electronics. Using electrical power other than that which has been specified by Tunturi, Inc. will void any warranty, implied or otherwise.

CAUTION Your electrical system must be in safe repair and meet local building and safety codes. Tunturi recommends that you have a qualified electrician check your electrical circuitry before turning on power to the Treadmill.

STARTING

THE TREADMILL

With your Treadmill in place, proceed with the following precautionary steps: (Stand beside the Treadmill, not on the running belt, as you do the following.)

- 1 Plug the unit in and turn the power switch on.
- 2 Press ENTER twice.
- 3 Press FAST until 3 mph is displayed on the control panel.
- 4 With the running belt now moving, stand behind the Treadmill and make sure the running belt is completely centered on the Treadmill bed. Verify that there is equal spacing on both sides of the running belt and that no portion of the belt has slipped beneath the side steps. If the belt is not centered, turn unit off and refer to the "Maintaining Your Treadmill" section and follow the instructions to realign the belt properly.

MAINTAINING

THE TREADMILL

Your J620p has a built-in maintenance system which monitors your usage and which requires that certain maintenance procedures be done periodically to keep the Treadmill operating properly. We recommend that you service your Treadmill for every 125 hours of usage.

CAUTION Turn off and unplug the J620p before proceeding with any maintenance or visual inspections. Failure to do so may result in serious injury.

S1 MAINTENANCE CODE

If an "S1" maintenance code is displayed at the beginning of an exercise session, follow the instructions below:

1 Clean and inspect running belt

To clean running belt: Turn unit on its side. Take a damp cloth and wipe off inside running belt. Turn running belt by hand to clean entire inside face. Return Treadmill to base.

To inspect running belt: If the edges are frayed, check running belt alignment. If seams are splitting call Tunturi Technical Support at 1-206-881-7392

2 Clean and remove dust

Using a Phillips head screwdriver, remove the six hood mounting screws. Four of these screws are located at the front of the Treadmill, two on either side of the lift tube. The two remaining screws are located above the side step pads at the rear of the hood. Put these screws aside, do not place them on the running belt as they may slip under the belt and cause serious damage.

Use a small vacuum nozzle to carefully vacuum around all components, taking care not to dislodge any components on the electrical circuit board. Vacuum the ends of the motor, fans, electrical wiring

and other components. Use a soft cloth to gently wipe any dust off of the fly-wheel positioning decal.

3 Inspect fasteners and wiring

Make sure that all electrical connections are secure.

Check to make sure all fasteners are tight under the hood and elsewhere.

Replace hood with the Phillips head screws which you previously set aside. To avoid damaging the fasteners, be sure not to over-tighten the screws.

REMOVING

MAINTENANCE CODES FROM DISPLAY

Press RESET for 3 seconds. When the display is cleared, the Treadmill resumes normal operation by resetting elevation to 0%. It is now ready for your next exercise session.

Tunturi has provided a Maintenance Record on page 39.



NOTE: Failure to perform the required preventative maintenance will void your warranty.

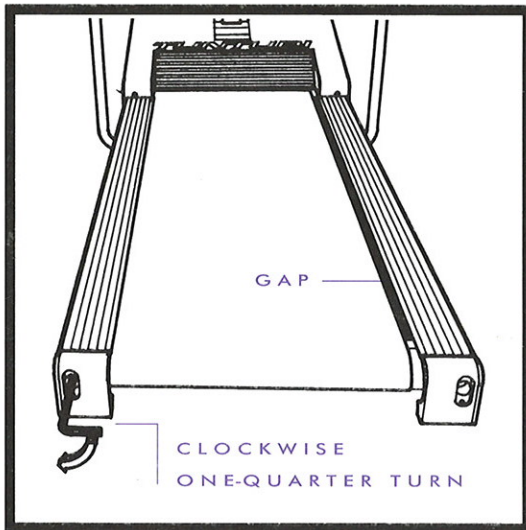
CAUTION Some parts of the Treadmill are coated with lubricants and other corrosive resistant materials that may stain clothing. Therefore, it is recommended that you wear appropriate clothing and have a clean rag available. Whenever servicing your Treadmill, be sure to remove any jewelry or loose clothing, such as neckties. Failure to do so may result in injury.

NOTE: Read this entire section before attempting to adjust the running belt.

ADJUSTING

RUNNING BELT ALIGNMENT

The running belt should be centered on the Treadmill at all times. If it appears to run to one side, minor adjustments of the alignment bolts at the back of the Treadmill are required.



G

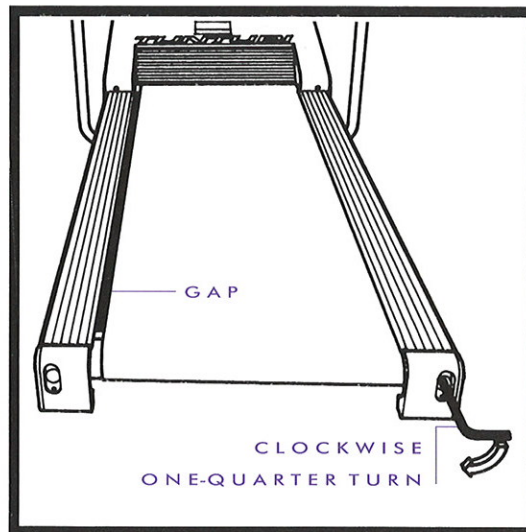
- 1 Turn the power switch on and press ENTER twice.
- 2 Press FAST until 3 mph is displayed.
- 3 Stand at the back of the Treadmill in order to determine to which side the belt is drifting.
- 4 If the belt is drifting to the left, turn the left adjustment bolt clockwise one-quarter turn with a socket wrench. Then the right adjustment bolt counter-clockwise one-quarter turn. *See Illustration G.*

NOTE: An uneven floor surface may cause the running belt to drift. If the belt is running off center, check the floor surface and move the Treadmill to another location where the surface is level. If the running belt is still drifting continue with the following . . .

- 5 If the belt is drifting to the right, turn the right adjustment bolt clockwise one-quarter turn and the left adjustment bolt counter-clockwise one-quarter turn. *See Illustration H.*

NOTE: Do not over-tighten bolts. Do not adjust bolt more than one-quarter turn at a time. (Over-tightening causes damage and premature failure of the precision bearings in the front and rear rollers).

- 6 Stand at the back of the treadmill and observe the track of the belt for at least three minutes to determine whether the drift has been corrected.
- 7 Repeat steps 4, 5 and 6 until the running belt is centered and tracking properly.



H

ERROR

CODES

The J620p runs a self check of its operating systems at all times. If it finds an error, an Error Code is displayed with the letter "E" followed by a number. Follow the instructions below if this should occur:

- 1 Make note of the Error Code number and what the Treadmill was doing when the error code first appeared.
- 2 Press SCAN for 3 seconds to clear the display and restart the Treadmill.
- 3 If the error does not appear again, continue. An electrical fluctuation in the power coming to your Treadmill may have caused the display error.
- 4 However, if the Error Code reappears, call Tunturi Technical Support at 1-206-881-7392.



PROBLEM	CAUSE	SOLUTION
<ul style="list-style-type: none"> ■ NO POWER TO TREADMILL ■ NO LIGHTS ON CONTROL PANEL 	UNIT IS NOT PLUGGED IN	PLUG IN POWER CORD.
	TREADMILL POWER SWITCH IS OFF	TURN ON MAIN POWER SWITCH
	BUILDING CIRCUIT BREAKER IS OFF	CHECK BUILDING CIRCUIT BREAKER
	TREADMILL CIRCUIT BREAKER / POWER SWITCH HAS BLOWN	TURN OFF POWER SWITCH, PRESS RESET & TURN ON POWER SWITCH
	POWER SWITCH IS OFF OR SPEED IS SET AT 0	CONTACT TUNTURI TECHNICAL SUPPORT
<ul style="list-style-type: none"> ■ RUNNING BELT DRIFTS TO THE LEFT OR RIGHT 	TREADMILL IS NOT ON LEVEL SURFACE	MOVE TO LEVEL SURFACE
	BELT IS NOT ADJUSTED TO TRACK PROPERLY	SEE "ADJUSTING RUNNING BELT ALIGNMENT" IN THE MAINTENANCE SECTION OF THIS MANUAL
<ul style="list-style-type: none"> ■ RUNNING BELT SLIPS 	RUNNING BELT TENSION IS INCORRECT	SEE "ADJUSTING RUNNING BELT ALIGNMENT" IN THE MAINTENANCE SECTION OF THIS MANUAL
<ul style="list-style-type: none"> ■ HANDRAILS NOT SECURE 	SECURING FASTENERS ARE LOOSE	TIGHTEN FASTENERS SEE INSTRUCTIONS FOR ASSEMBLING HANDRAILS IN THE "ASSEMBLY" SECTION OF THIS MANUAL.
<ul style="list-style-type: none"> ■ TREADMILL DISPLAY SHOWS "E1" THROUGH "E5" 	CONTACT A TUNTURI TECHNICAL SUPPORT REPRESENTATIVE AT 1-206-881-7392	

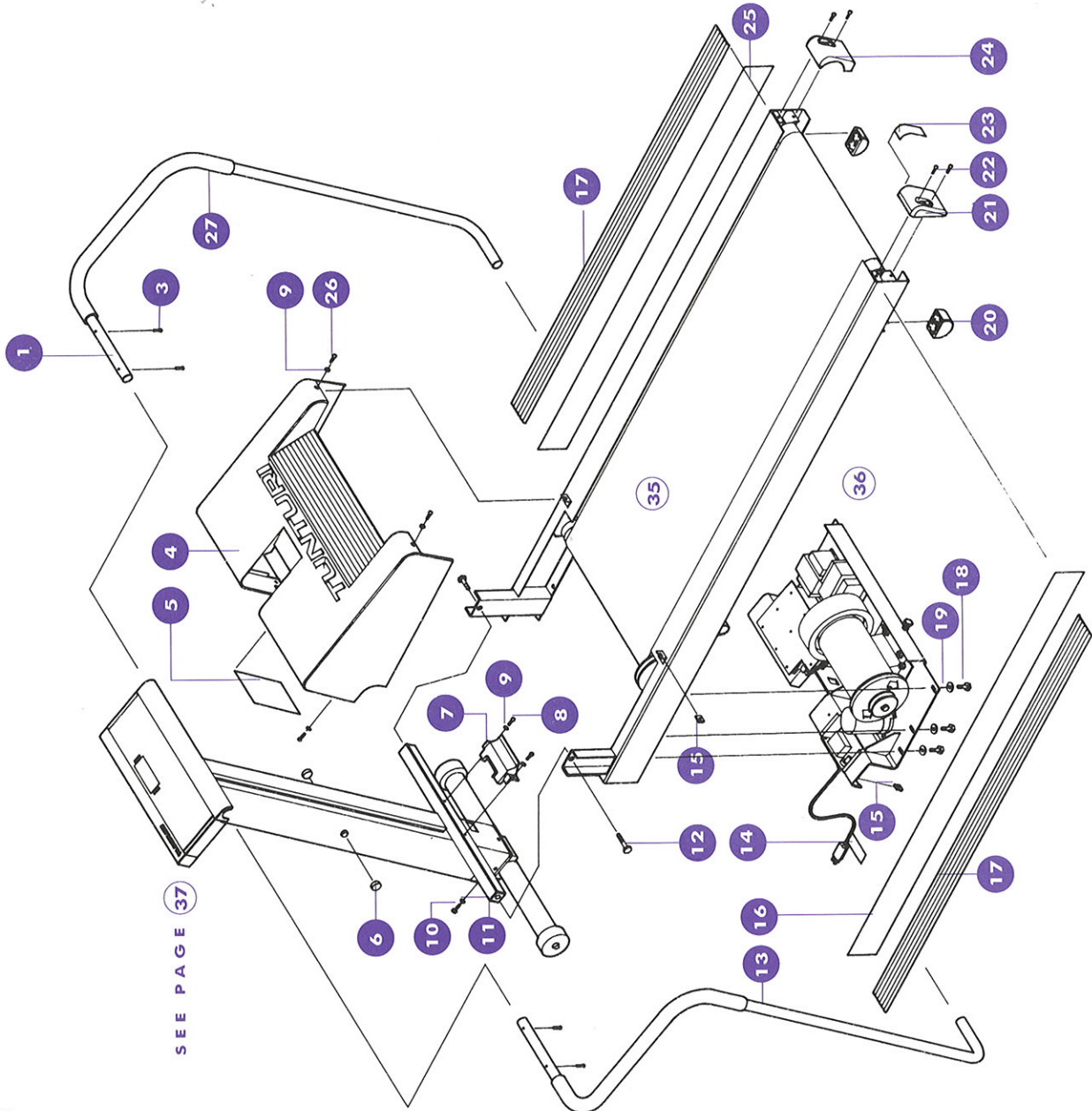
STORING

YOUR J620p TREADMILL

The J620p Treadmill must be stored in a clean, dust-free, and dry place. Be sure the main power switch is off and the unit is unplugged before storing. To help keep your J620p clean and in good condition, dust covers are available. Contact Tunturi Technical Support for more information.

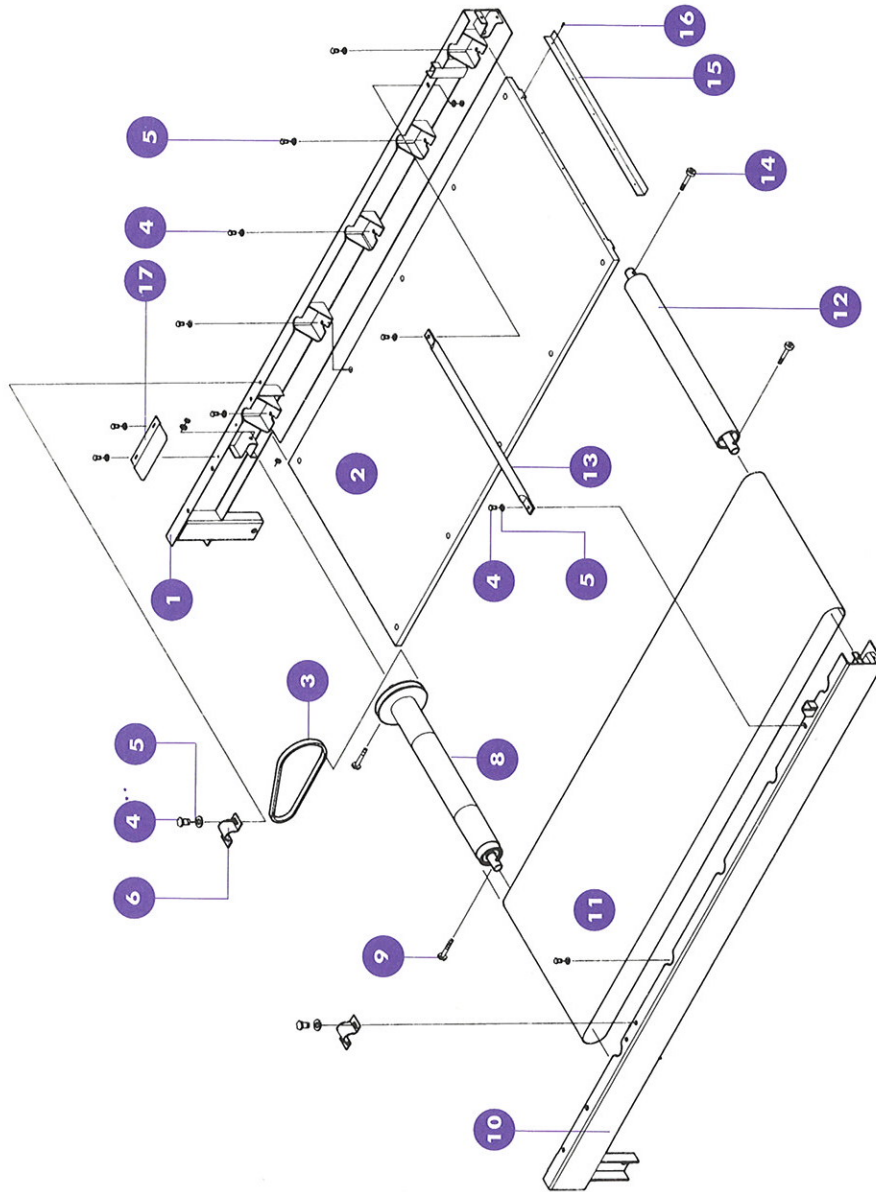
SPECIFICATIONS			
LENGTH	178 CM / 70"	ELECTRONIC DISPLAY	RED LED NUMERICAL
WIDTH	61 CM / 24"	MOTOR	DC 1.7HP TREADMILL DUTY @ 115VAC, 11.6 AMPs
WIDTH WITH HANDLEBARS	71 CM / 28"	DRIVE SYSTEM	POLYURETHANE DRIVE ROLLER WITH PRECISION BALL BEARINGS, STEEL DIRVE PULLEYS AND IDLER ROLLER
HEIGHT	119 CM / 47"	MAX PERMITTED USER WEIGHT	110 KG / 250 LBS
RUNNING BELT SURFACE LENGTH	122 CM / 48"	OPERATING TEMPERATURE	42° TO 104° F 6° TO 40° C
RUNNING BELT SURFACE WIDTH	43 CM / 17"		
SPEED	0-10MPH		
ELEVATION GRADE	0-12%		
REQUIRED FLOOR SPACE	72 SQ FT		
WEIGHT	98 KG / APPROX. 216 LBS		
STRUCTURAL FRAME	POWDER COATED STRUCTURAL STEEL		

ITEM	DESCRIPTION	QTY
1	RIGHT HANDLEBAR	1
3	BOLT, HXHD, M6 X 35	4
4	HOOD	1
5	LABEL, FRONT WARNING	1
6	CAP, SHOULDER BOLT	2
7	HOOD COVER PANEL	1
8	SCREW, PHP M4 X 12	2
9	WASHER, FLAT, 10X4, 2IDX, 8T	8
10	BOLT, SKHD 1/4" X .63	2
11	WASHER, FLAT 1/4"	2
12	BOLT, SKHD, SHLDR, 3/8" X 3/8" 2	2
13	LEFT HANDLEBAR	1
14	LABEL, POWER CORD	1
15	NUT CLIP	6
16	LABEL, LEFT RAIL	1
17	LANDING EXTRUSION	2
18	BOLT, HXHD M8 X 16	6
19	WASHER, FLAT, M8 X 1, 2T	6
20	FULCRUM COVER	2
21	LEFT END CAP	1
22	SCREW, PHP THDFRM, M4 X 25	4
23	LABEL, WARNING REAR	1
24	RIGHT END CAP	1
25	LABEL, RIGHT RAIL	1
26	SCREW, PHP THDFRM, #8 X .88	6
27	FOAM HANDLEBAR	2



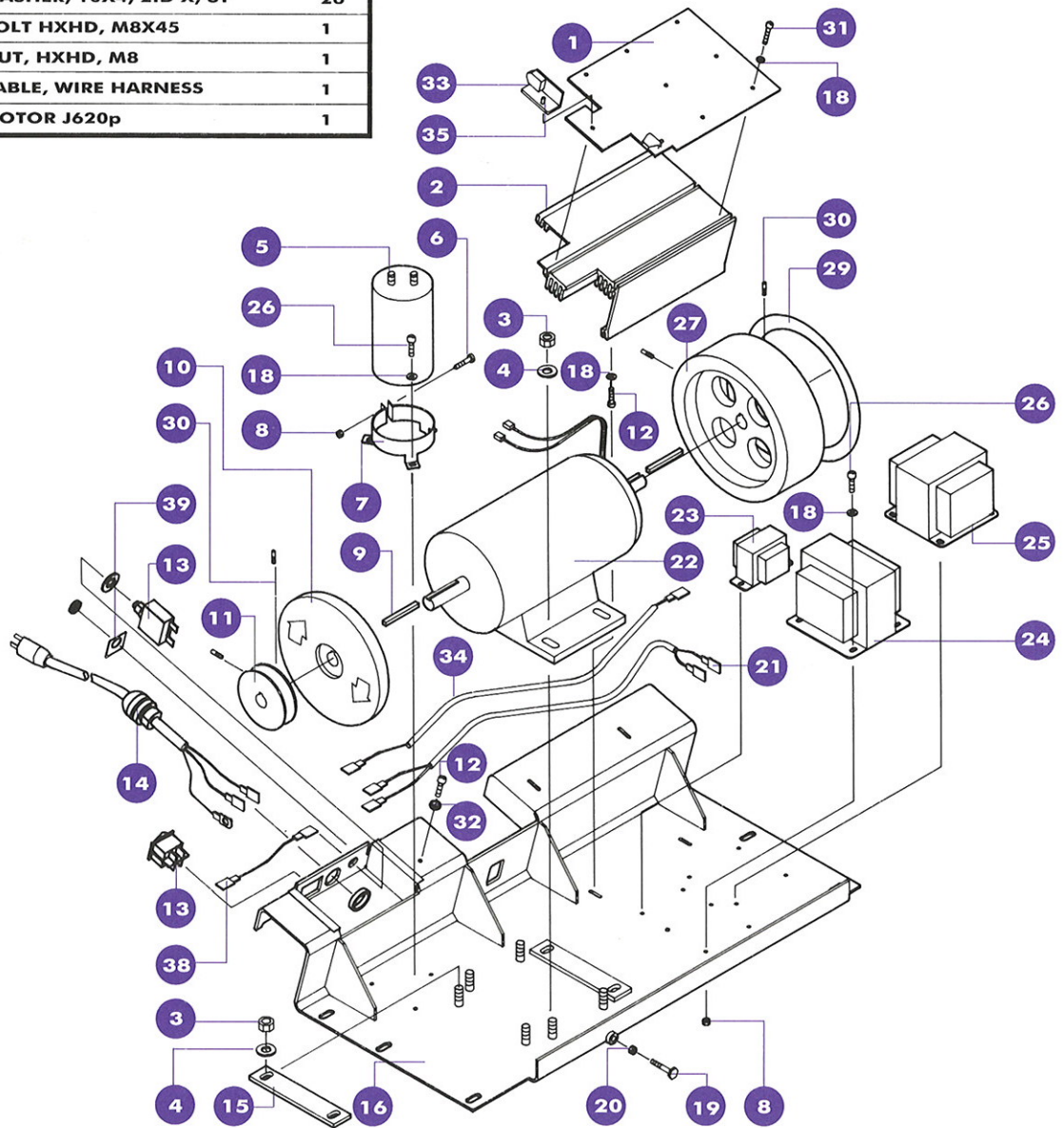
SEE PAGE 37

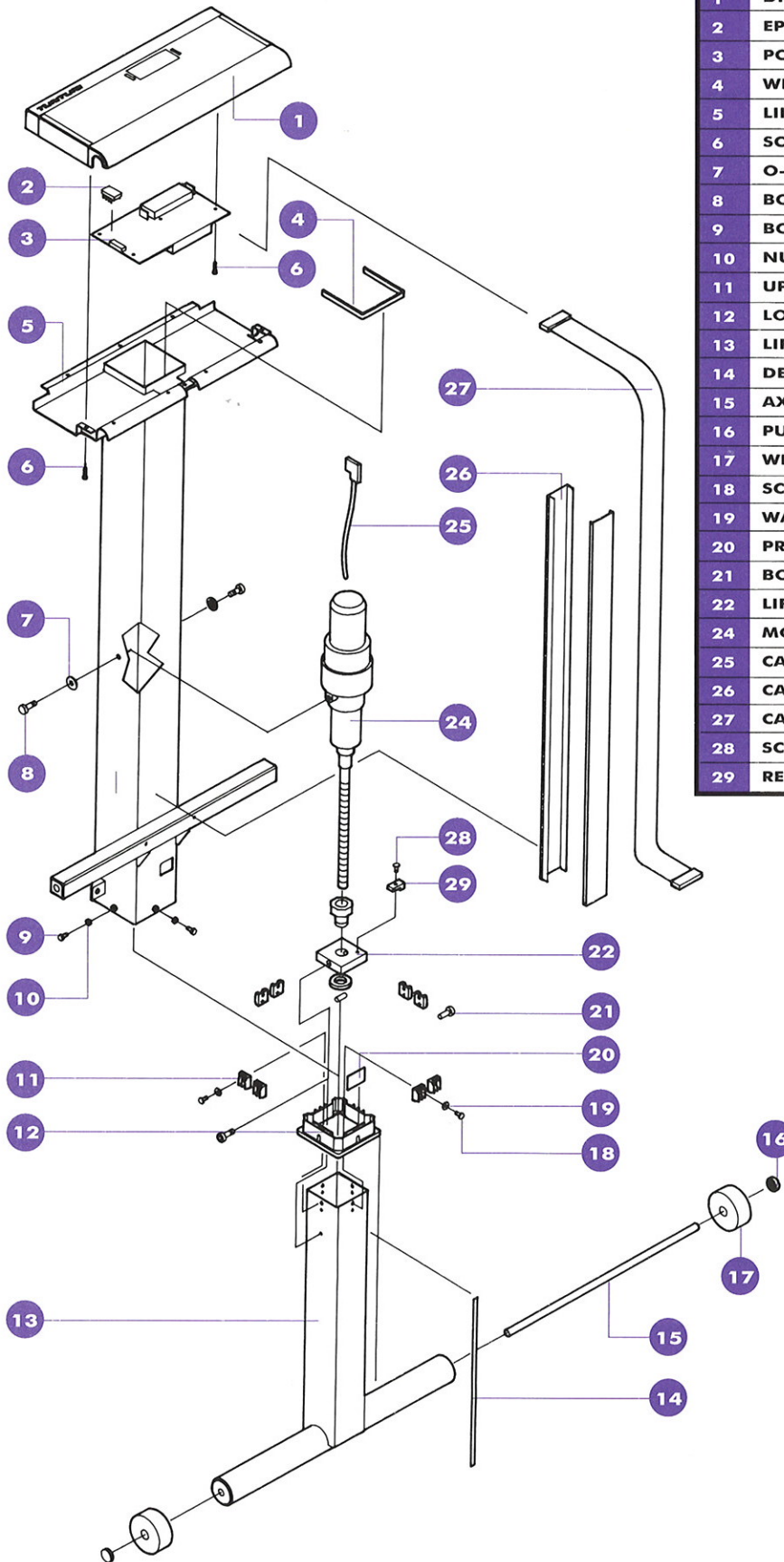
ITEM	DESCRIPTION	QTY
1	LEFT RAIL	1
2	RUNNING BED	1
3	DRIVE BELT	1
4	BOLT, HXHD 1/4" - 2.0- X .75"	18
5	WASHER, 13 X 6ID X 1, 2T	18
6	BRACKET, HANDRAIL	2
8	ROLLER, DRIVE	1
9	BOLT, HXHD M8 X 35	2
10	RIGHT RAIL	2
11	RUNNING BELT	1
12	ROLLER, TENSION	1
13	RAIL, STRAP	1
14	BOLT, TENSION (L/R)	2
15	VANITY	1
16	SCREW, PHP THDFM, #8 X 7/8"	5
17	PULLEY GUARD	1



DRIVE MOTOR ASSEMBLY

ITEM	DESCRIPTION	QTY	ITEM	DESCRIPTION	QTY
1	PCB, MOTOR CONTROLLER	1	23	TRANSFORMER, PCB	1
2	EXTRUSION, ELECTRONICS	1	24	INDUCTOR	1
3	NUT, HXHD NYLOCK M8	6	25	TRANSFORMER, LIFTMOTOR	1
4	WASHER, FLAT 18 X 8, 2X 1, 2T	6	26	SCREW, PHP M4 X 12	13
5	CAPACITOR	1	27	FLYWHEEL	1
6	SCREW, PHP M4 X 20	1	29	DECAL, FLYWHEEL POSITIONING	1
7	CAPCITOR CLAMP	1	30	SET SCREW, M6 X 6	4
8	NUT, HXHD NYLOCK M4	1	31	SCREW, PHP THDFRM, M4 X 16	9
9	WOODRUFF KEY	2	32	WASHER, STAR 8, 0 X 4, 2X, 5T	1
10	FAN, MOTOR	1	33	LIFT SENSOR ASSY	1
11	PULLEY, DRIVE	1	34	CABLE BREAKER / POWER	1
12	SCREW, PHP THDFRM M4 X 12	5	35	SCREW, PHP THDFRM, M4 X 20	1
13	SWITCH, AC POWER	1	38	CABLE, JUMPER	1
14	CABLE, POWER	1	39	LABEL, RESET	1
15	GUIDE, MOTOR	1			
16	MOTOR MOUNT PAN	1			
18	WASHER, 10X4, 2ID X, 8T	26			
19	BOLT HXHD, M8X45	1			
20	NUT, HXHD, M8	1			
21	CABLE, WIRE HARNESS	1			
22	MOTOR J620p	1			





ITEM	DESCRIPTION	QTY
1	DISPLAY, KEYPAD	1
2	EPROM, J620p	1
3	PCB, DISPLAY W/EPROM	1
4	WIRE / EDGE PROTECTOR	1
5	LIFT FRAME	1
6	SCREW, 6-19 PLT	11
7	O-RING	2
8	BOLT, SHLDR, 3/8" X 1/2"	2
9	BOLT, HXHD, 1/4" - 20 X 1"	2
10	NUT, HXHD, 1/4" - 20	2
11	UPPER GLIDE	8
12	LOWER GLIDE	1
13	LIFT SLIDE	1
14	DECAL, LIFT TARGET	1
15	AXLE	1
16	PUSHON NUT	2
17	WHEEL	2
18	SCREW, PHP THDFRM, M4 X 12	8
19	WASHER, 10 X 4, 2 X 8T	8
20	PRESSURE PLATE	2
21	BOLT SHLDR, 3/8" X 3/8"	2
22	LIFT NUT MOUNT	1
24	MOTOR, LIFT	1
25	CABLE, LIFT MOTOR	1
26	CABLE CHANNEL EXTRUSION	1
27	CABLE, DISPLAY	1
28	SCREW, PHP M4 X 15, 5	1
29	RETAINER, LIFT NUT	1

